Provider Manual October 2012 - Release #1: Documentation of Brief Treatment Services

Subject: Documentation of Brief Treatment Services

Effective Date: November 22, 2013

Release #1 contains information for providers who have a contract with the Iowa Department of Public Health (IDPH) to provide Screening, Brief Intervention and Referral to Treatment (SBIRT) covered services.

The goal of Brief Treatment (BT) is to change not only the immediate behavior or thoughts about a risky behavior, but also to address long-standing problems with harmful drinking and drug misuse and help individuals with higher levels of disorder obtain access to specialty substance use disorder care. Brief Treatment use Motivational enhancement and Cognitive Behavioral approaches to help individuals address unhealthy cognition and behaviors associated with current use patterns and adopt change strategies. IDPH has issued this Provider Release as an amendment to the October 2012 Provider Manual to include guidance for documentation of Brief Treatment Services.

Brief Treatment and Documentation of Services Overview:

Brief Treatment consists of sessions matched to the individual's motivational level and stage of change. Stages of change include: Pre-contemplation (feedback about results and information of misuse); Contemplation (benefits of change, resource sharing, pro's/con's of use, risks of delaying, ambivalence challenge, goal review); Preparation (choosing a goal, praise and encouragement) action (trigger reduction, putting plan in action, healthy behavior substitution, support network) and Maintenance (continued goal setting for relapse prevention).

Brief Treatment services are provided by the licensed substance abuse provider who is co-located at the Federally Qualified Health Center or at the Iowa National Guard.

Additional Information:

How BT services are documented:

- Providers of Brief Treatment may elect to provide BT services using the *Brief Treatment* for Adults with Substance Use and Co-Occurring Disorders Integrated Change Therapy curriculum developed by JBS International, Inc, under contract with the Substance Abuse and Mental Health Services Administration (SAMHSA); Center for Substance Abuse Treatment (CSAT) incorporating Screening, Brief Intervention and Referral to Treatment principles.
- Documentation of Brief Treatment Services, in the Iowa Service Management and Reporting Tool (I-SMART), should consist of using the following framework:
 - o Date and times individual seen
 - Session Topic
 - Concise summary of progress
 - o Follow-up appointment dates

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• Providers of BT may choose to maintain hard copies of BT notes, lesson plans, homework assignments and/or any follow-up related to patient concerns. These files should be maintained in a manner which protects client confidentiality, follows agency policies and as related to Iowa Code Chapter 125, 42 CFR and HIPPA.

Additional Responsibilities:

Confidentiality of Alcohol and Drug Abuse Patient Records, 42 C.F.R. Part 2 and the Health Insurance Portability and Accountability Act of 1996 ("HIPAA"), 45 C.F.R. Pts. 160 & 164. Federal rules prohibit any further disclosure of this information unless further disclosure is expressly permitted by the written consent of the person to whom it pertains or as otherwise permitted in writing. A general authorization for the release of medical or other information is not sufficient for this purpose. The Federal rules restrict any use of the information to criminally investigate or prosecute any alcohol or drug abuse patient.